

Employee and Family Assistance Program

COVID-19 Resources

Last revised: August 2020
Last reviewed: August 2020
Next review: August 2021

Public Service Commission

COVID-19

Please refer to the [COVID-19 page](#) on Taskroom for updates and resources. There are additional resources listed below from Morneau Shepell and the EFAP that you can access.

Resources

- [Morneau Shepell's Plan and Services](#)
- [COVID-19 Toolkit for individuals](#)

Videos and Webinars

- [Novel Coronavirus \(COVID-19\) webinar](#) (11 minutes)
- [Building Resilience While Under Quarantine](#) (60 minutes)
- [Building Resilience in Uncertain Times](#) (60 minutes)
- [Virtual Roundtable: Change management and reputation management post-isolation](#) (60 minutes)
- [Webinar Series: COVID-19 and Your Well-Being](#)
- [COVID-19 Virtual Roundtable recordings](#)
- [Living Well Podcast](#) (26 minutes)

Counselling

- [E-Counselling Fact Sheet](#)
- [Manager Consultations Fact Sheet](#)
- [Online Group Counselling Fact Sheet](#)
- [AbilitiCBT](#)

Physical and Mental Health

- [LIFT Session Fitness](#)
- [Step by step guide](#) on how to get started on LIFT Session through your Morneau Shepell EFAP
- [Learning Through COVID-19](#)
- [WorkSafe Resources](#)
- [WorkSafe Mental Health Resources](#)
- [Managing Family Dynamics](#)
- [Maintaining your mental well-being if you work in close contact with clients](#)
- [How to Feed Your Family \(and Yourself\) in Self-Isolation](#)
- [Managing Addiction During the COVID-19 Crisis](#)
- [Mental Health Index Report](#)
- [CoachNow](#)
- [Support your people through an uncertain back to school season – New 26/08/2020](#)
- [Coping with stress from making education decisions for your kids due to COVID-19 – New 26/08/2020](#)

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Working from Home

- [Managing Remote Teams](#)
- [How to Make Working Remotely a Success – For Managers and Employees](#)
- [Maintaining the habits and connections you formed during lockdown](#) – New 26/08/2020